



## WEST HILL COMMUNITY SERVICES

### FAMILY RESOURCE CENTRE

March 2010

Welcome to the Family Resource Centre! We are located at 4110 Lawrence Ave. E., on the north side of Lawrence Ave., east of Galloway Road. We invite you to drop in or phone us any time to get more information on our programs!



**PLAYSCHOOL - 4110 Lawrence Ave. E.**  
A play-based program with a school readiness component  
for children newborn to six years old.  
Parents/Caregivers stay.

**Morning Program**  
9:30-11:30

**Monday, Tuesday, Wednesday, Thursday and Friday**

**Afternoon Program**  
1:00-3:00  
**Tuesday and Thursday**

**Satellite Location**  
3847 Lawrence Ave. E.

**Morning Program**  
9:30-11:30  
**Tuesday and Thursday**

**Afternoon Program**  
1:00-3:00  
**Monday and Wednesday**

### Special Programs for March...

#### "PARENT-CHILD MOTHER GOOSE PROGRAM"

An interactive, early literacy program that uses rhymes, songs and stories for parents/caregivers with children newborn to 6 years old. \*please phone to register

#### "GYM TIME" AT HERON PARK COMMUNITY CENTRE

Participants enjoy "Gym Time" with their child while they run, climb, jump and play!

#### "NUTRITION MATTERS"

A 3 week session on nutrition facilitated by a WHCS Dietician.

#### "CHAT WITH NURSE DIANNE"

Join us and chat about health with Nurse Dianne, a WHCS Health Promoter.

#### MAKE & TAKE CRAFT MORNING "CRAFTS"

Join us for a Craft Morning!

#### "TUESDAY TALK"

Join us every Tuesday in the morning OR afternoon for a variety of workshops, crafts and cooking activities for parents and caregivers!

#### "PLAY, LEARN & CREATE TOGETHER"

Join us for the 8-week session! The PLCT Program includes play, information, Make & Take, songs and rhymes!

West Hill Community Services, Family Resource Centre 416-847-4150

[www.westhill-cs.on.ca](http://www.westhill-cs.on.ca)